

Children's Services Since 1895

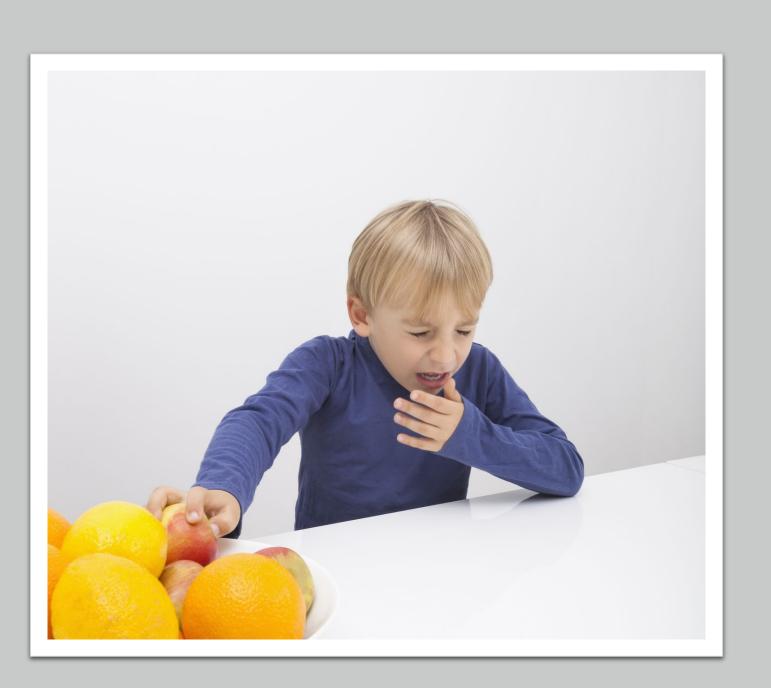
Developed by KU Children's Services Sector Capacity Building Program with funding from the NSW Department of Education



Sometimes people get sick.



Germs can make us sick. Germs are tiny little things that you can't see.



Germs can spread from one person to another. They also live on all things.



I can spread my germs less if I cough and sneeze into my elbow or into a tissue and throw it in the bin.



I need to keep my hands away from my face to keep the germs out of my body.



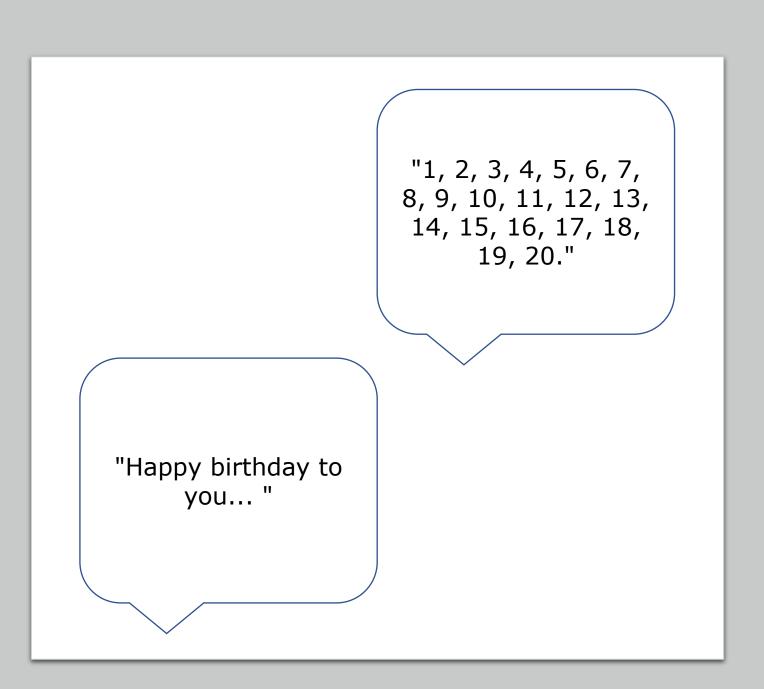
I can keep the germs away if I wash my hands a lot.



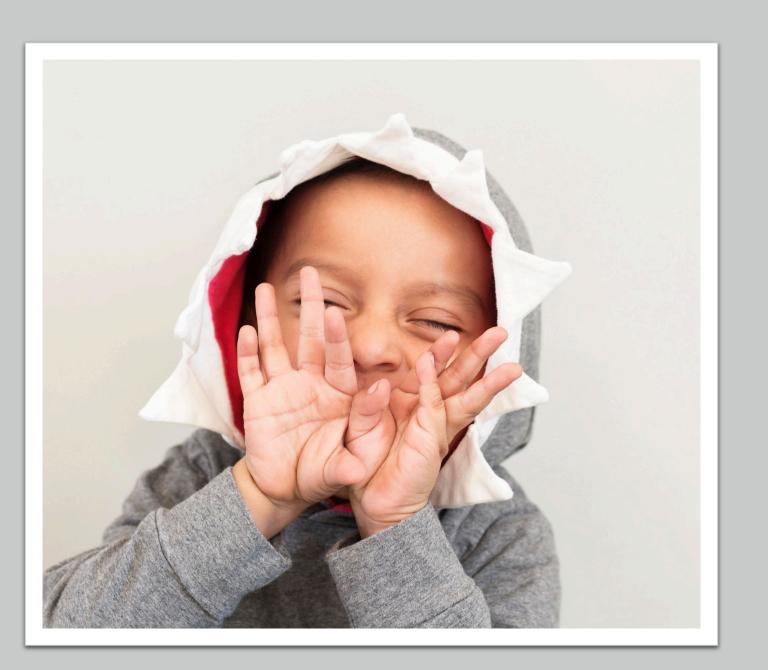
I should wash my hands many times each day. When I arrive at preschool, after I play, before and after I eat, if I sneeze or wipe my nose, and when I go to the toilet.



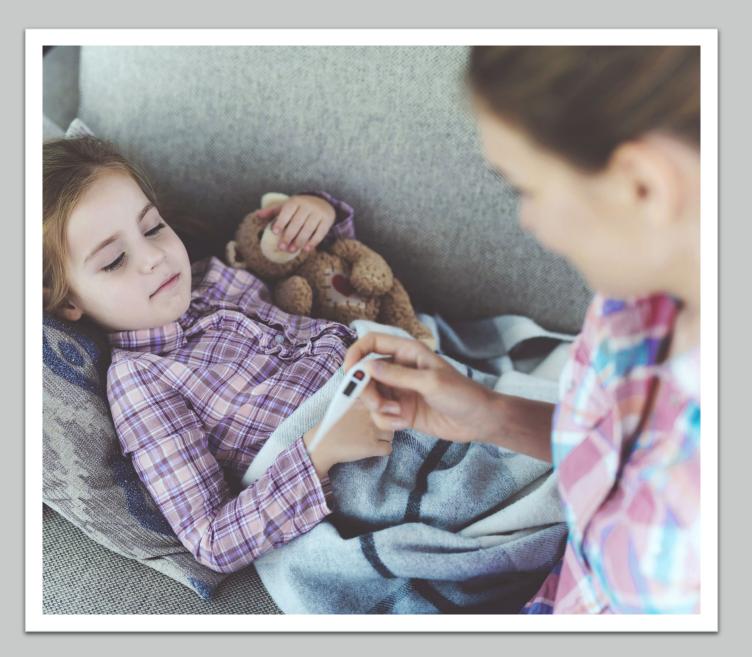
I always use soap and water when I wash my hands.



I can count to 20 or sing 'Happy Birthday' when I am washing my hands.



This will make sure my hands are clean and this helps me stay healthy.



If I feel sick, I can tell a grown up. A grown up will help me.